

# **Tattoo Aftercare**

Short, clear rules for healthy healing.

# Essentials

- Always wash your hands before touching the tattoo.
- Fresh bed sheets for the first night.
- Wear loose clothing that won't rub.

# Option 1 — Without healing film

- Day 0 (evening): if your session ended in the evening, keep the initial dressing on until morning.
- Day 1: wash hands. Remove the dressing. Quick lukewarm shower, mild fragrance-free soap, no scrubbing. Pat dry with a clean paper towel. Apply a very thin layer of moisturiser.
- Days 1–3: 3–5 times per day: hands → gentle but thorough wash → pat dry → thin layer of cream → re-dress with a clean breathable dressing.

# Option 1 — Without healing film

- Disposable absorbent pad (puppy pad): it's breathable; use for sleep/travel/under clothing. Change when damp and let the skin breathe.
- Day 4+: once weeping stops and peeling starts, no dressings. Light moisturising as needed. Don't pick.



*Disposable absorbent pad (puppy pad).*

# Moisturiser

- [Bepanthen](#). Important: contains lanolin; if you're sensitive/allergic, use a lanolin-free alternative. Tap the cream name to view it on Amazon.



*Bepanthen Tattoo — Intense Care Ointment.*

## **Option 2 — With healing film**

- Wear 3–5 days (up to 7 if comfortable and edges aren't lifting).
- Showers are fine; avoid long hot steam.
- If fluid builds up, it burns/leaks, or edges lift — remove and switch to the regular care routine.

## Option 2 — Removal

- Removal: only when dry. Lift an edge and stretch it parallel to the skin, slowly. After removal: hands → wash → pat dry → thin layer of cream.



*Tattoo under film*

# Avoid

- Baths/pools/saunas until fully healed.
- Sun/sunbeds for 3–4 weeks; then always SPF 50 on the tattoo.
- Friction, tight synthetics, dirty surfaces, animal fur.
- Shaving and self-tan on this area until healed.
- Alcohol for the first 48 hours.
- Intense workouts for 3–7 days (depends on area/size).



# Normal

- Mild redness, swelling, itch and peeling for 2–7 days.

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## Contact me / see a doctor if

- Pain/redness worsens after 48 hours.
- Pus, bad odour, fever, or red streaks appear.
- Severe rash/blisters (possible allergy to adhesive/cream).

# Stay connected

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